

## New York's People Eat \$1,500,000,000 In Food Every Year!

520,000.  
Carloads  
Totalling  
4,500,000,000  
Pounds

10,000 Freight Cars Bring-  
ing Just One Week's  
Supply Would Make a  
Train 85 Miles Long.

By Major Joseph Caccavajo,  
C. E., D. Sc.  
(Consulting Engineer and Expert on  
Population and Statistics of  
the City of New York.)

THE value of foodstuffs con-  
sumed in New York City is  
approximated at over \$1,000,-  
000 a day, or close to \$1,500,000,000 a  
year.

Four times more is spent for food  
than is expended for housing. New  
York pays nearly twice as much  
supplying the wants of the inner man  
as is paid out for clothing. Fuel and  
light cost but 19 per cent. of the  
amount spent for food and about a  
half million of the city's population  
are engaged in preparing and dis-  
tributing the food consumed by the  
more than 6,000,000 people who live  
and work in New York City.

There are over 7,100 restaurants,  
4,600 bakeries, 5,000 confectioners,  
2,200 meat markets, 15,000 grocers,  
2,000 delicatessens and thousands of  
other places in the city supplying the  
table wants of the metropolitan  
area.

Ten thousand carloads of food-  
stuffs alone enter the city every  
week and the fads and passions of  
the people from all over the face  
of the globe who make up the  
population of the city draw supplies  
from every State in the  
Union and from almost every  
country in the world.

Based on official estimates and  
figures secured from the most reliable  
sources possible the Health Depart-  
ment of the city figures the annual  
consumption of food by the residents  
of the five boroughs at over four and  
a half a hundred million pounds.

The largest single item on  
their list is milk, 1,370,000,000  
pounds; meat (beef, pork, veal,  
etc.) is estimated at 650,000,000  
pounds, vegetables about the  
same as meat, bread at 450,000,000  
pounds, and so on down a list  
which includes everything from  
canned goods to nuts.

Ten thousand head of cattle and  
40,000 sheep and lambs are killed  
weekly in the city. More than five  
hundred carloads of live stock and  
600 carloads of meat arrive in the  
city weekly. This does not include  
poultry, which arrives at the rate of  
215 carloads a week.

New York uses more than 2,000,000  
quarts of milk every day, drawn from  
14,000 farms in more than six States.  
Twenty thousand or more calves and  
wagons are used to service this daily  
supply to the door step of the dum-  
b-waiter of the consumers.

The cheese eaten by New Yorkers  
each year weighs close to 40,000,000  
pounds, or almost 5,000,000 pounds a  
month. This includes Italian cheese,  
Swiss cheese, Dutch cheese and cheese  
from all countries and makes up the  
most of the cheese consumed in the  
city in New York State.

Forty million chickens, turkeys,  
geese and ducks come into the New  
York market each year. More than  
thirty carloads of poultry arrive every  
day. A considerable portion of both  
cattle and poultry is of necessity sent  
into the city already dressed to meet  
the requirements of people who for reli-  
gious or other reasons, have animals  
used for food killed in a particular or  
special manner.

When the fact is taken into con-  
sideration that New York is the most  
cosmopolitan city in the world, made  
up of people from all over the face  
of the earth, with a thousand and one  
different habits, customs and man-  
ners of eating and living, the mag-  
nitude of the task of supplying their  
wants in the line of eatables may in  
a measure at least be comprehended.

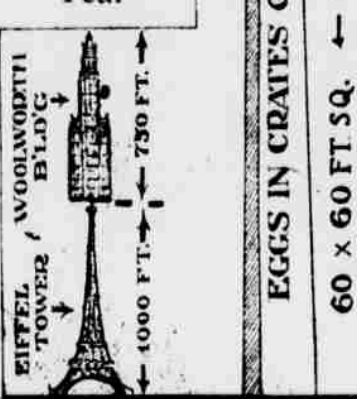
New York eats over 1,250,000 pound  
leaves of bread every day, handled  
through 180 wholesale bakers and the  
4,000 retail bakers of the city, as well  
as nearly 20,000 grocery and delicatessen  
stores and a large number of  
regular delivery vans.

Figures covering last year's food  
consumption include such items as  
\$13,000 pounds of butter every day,  
1,688,970 pounds of white potatoes,  
24,932 pounds of sweet potatoes, 135,-  
183 melons, 822,453 pounds of apples,  
325,411 pounds of grapes, nearly 12,-  
600,000 bunches of bananas, 10,447  
pounds of lettuce, 219,345 pounds of  
onions, 18,712 pounds of peaches,  
15,140 pounds of pears, 162,000 pounds

### NEW YORK EATS EVERY DAY—

Bread	1,250,000 loaves
Milk	2,000,000 quarts
Eggs	6,000,000
Grain and Flour	310 car loads
Vegetables	240 car loads
Dairy Products	110 car loads
Fruits	110 car loads
Meat	100 car loads
Livestock	50 car loads
Groceries	50 car loads
Poultry	30 car loads
Canned Goods	30 car loads
Sea Food	5 car loads

Just the  
Eggs  
Used in  
New York  
During  
One Year



or tomatoes and 180,000 pounds of  
cabbages.  
Seven thousand carloads of vege-  
tables come into New York by rail  
every month, groceries and canned  
goods occupy about 2,300 carloads,  
grain and flour nearly 3,000 carloads,  
and fish over 125 carloads.

The trains of foodstuffs which enter  
the city is almost beyond comprehen-  
sion, but when one stops to realize  
that there are 6,000,000 people, more  
or less, in the city every day, and that  
the average person eats about one  
half a ton of food every year, the fact  
that more than 1,300 carloads of food-  
stuffs enter the city daily is reduced to  
an almost understandable equation.

It is estimated that 1,250,000 people  
patronize the restaurants of New  
York City every day. This is prob-  
ably conservative, considering  
that there are on an average sev-  
eral hundred thousand out of town  
people constantly in the city and the  
number and amount of business  
done by restaurants in the business  
districts of the city during the noon  
hours.

Feeding animals in New York  
City costs more than \$20,000,000 an-  
nually, 100,000 bushels of oats, 700 to  
800 tons of hay and 75,000 bushels of  
corn are brought into the city each day.  
One interesting feature of the food  
supply of the city which is more or  
less a thing of the past though the  
near beer and soft drink business has  
grown to such proportions that the  
output of the breweries is said to  
have increased rather than decreased  
since the Prohibition Amendment to  
the Constitution went into effect.

The annual amount of wine and  
liquors consumed in New York City  
to the dry wage was between \$25,-  
000,000 and \$30,000,000.

The value of beer produced in the  
city of New York is estimated at \$60,000,-  
000 per annum. They used to be val-  
ued at \$375,000 and malt valued at  
\$14,000,000. There were 13,000 whole-  
sale and retail establishments, 10,000  
barrels or 310,000,000 gallons of  
beer were consumed annually, deliv-  
ered by over 2,500 wagons and motor  
trucks.

More than 200,000,000 bottles were  
used in the city and more than 5,000,-  
000 barrels. The cooperage manufac-  
turers employed over 2,000, and con-  
sumed 100,000 eggs a year. The dairy  
kept constantly busy cutting corks  
for the liquor and drug trade of the city.

New York consumes more than  
\$100,000,000 worth of foodstuffs daily,  
consumption being close to 6,000,000  
pounds of foodstuffs every day. It  
is said to end these eggs would  
extend 65,670 miles, or twenty-two  
miles every inch of the way from the  
Atlantic to the Pacific Ocean.

Stacked up in the standard egg crates,  
which contain thirty dozen eggs each,  
they would reach a tower as large as  
the Woolworth Building, 750  
feet in height, or more than twice  
the height of the Woolworth Tower  
and the Hotel Tower combined.

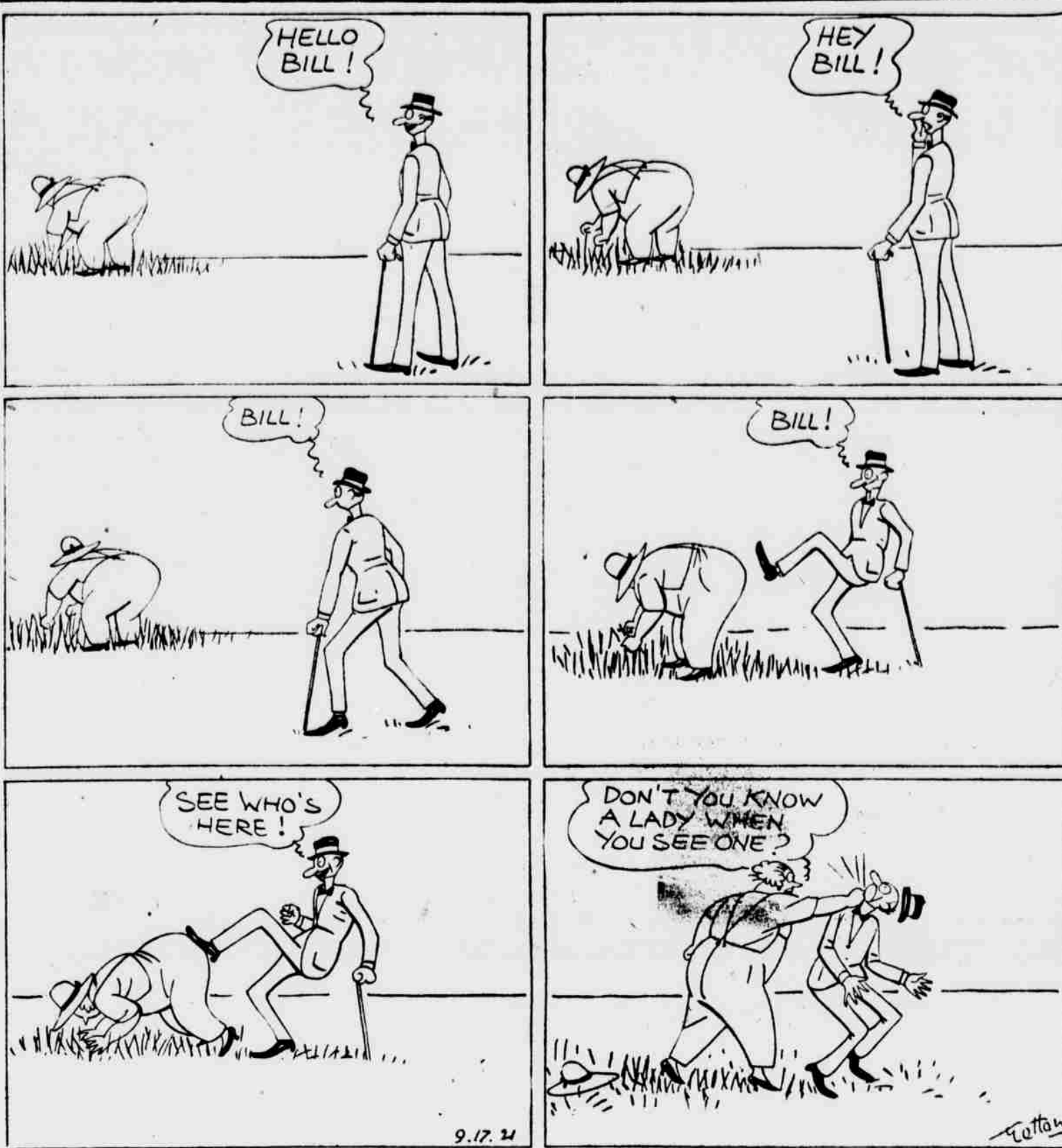
The bread consumed daily, if  
piled on Central Park West along  
Central Park from Columbus Cir-  
cle to 110th Street, would build a  
highway two feet thick and ten feet  
high.

The problem of taking care of the  
food supply of New York City is by  
no means the least of the great prob-  
lems with which the officials and  
business interests of the city are  
confronted. There are no warehous-  
es, facilities available adequate to  
take care of more than day's supply,  
so that the necessity of keeping all  
avenues open for the prompt delivery  
of food supplies, especially those of  
a perishable character, is absolutely  
vital for the protection of business,  
health and sanitation of the city.

The familiar slogan of the men of  
the army and navy during the World  
War, "When do we eat?" was the  
cause of many smiles by those who  
were not aware of the enormity of  
the problem of taking care of the  
inner man where millions of people  
are involved, but New York City has  
a greater population than there were  
men and women in the entire armed  
forces of the United States during  
the war, and while they may not give  
voice to such slogans as were popu-  
lar in the camps, still the question of  
where, when and what we eat is  
close to being the paramount thought  
of every healthy man, woman and  
child in the community.

## DAILY MAGAZINE

### Can You Beat It! By Maurice Ketten



### Courtship and Marriage

By Betty Vincent

DEAR Miss Vincent—For the  
past year I have been  
going about with a girl  
eighteen, whom I dearly love.  
She has been a home girl and I  
have visited her at her home very  
often, where her parents have  
been most cordial. Recently I be-  
came involved in some serious  
financial trouble, which will take  
me fully a year of hard work to  
straighten out. She wants to go  
to places I cannot afford at pre-  
sent. I suggested we go to places  
within my means, but she would  
not listen to this. Then I told  
her that she could give me up  
and go with some chap who  
would take her to the places she  
desires but she cried, I explained  
my position to her freely and she  
still insists on having her way.

Next to her I love my business  
reputation most and I don't want  
to give up either, so what do you  
advise?

W.  
It seems to me you ought to be  
able to work out some plan where  
you can be together and not spend  
any sum which will inconvenience  
you. A girl who really cares for you  
ought to take an interest in your af-  
fairs and wish to help you. There  
are so many things young people can  
enjoy together which cost little or  
nothing, from the movies, bus rides,  
visits to the museums and parks to  
say nothing of long strolls in the  
country, that I should think you might  
get along very well for at least a  
year.

Dear Miss Vincent—I have  
been going with a boy for the last  
eight months. As his birthday is  
before I would you please  
advise me what to give him?

UNCERTAIN.  
He is conventional and not give  
him a gift, but merely send him an  
appropriate birthday card greeting.

Dear Miss Vincent—I am a  
young woman eighteen years of  
age, an only daughter and my  
parents do not care to lose me for  
a few years yet. I know a man  
of thirty-three, an athletic fellow  
who looks about twenty-six, who  
holds a good position and has an  
excellent reputation. We are of  
different religions, but neither  
family objects to this. I am very  
fond of him and like him better  
than any other man I know. I  
know that he loves me and would  
do anything for me. I told him  
when he proposed that I believed

I could never love him enough to  
marry him and was too young to  
marry him. We still go out to-  
gether, but I would like to know  
if I should continue to do this un-  
der such circumstances, that is,  
that we may never marry? Please  
tell me what to do, as I care a  
great deal for him.

UNCERTAIN.  
It seems to me that you are making  
a long story out of a very simple lit-  
tle love story. Eighteen is not too  
young to think of marrying. If you  
love this man there is no reason in  
the world why you should not become  
engaged and wed him within the next  
year or so.

And the youth in her cried out  
and she would have torn the letters aside.  
That she might find something in the universe  
Of beauty and sweetness—away from the grind.  
But then there were the helpless pattering feet that called,  
And she must answer and hear for them.  
Bitter hate was in her heart for him she called husband for many a year.  
For never a thought had he given to the possible pleasure  
For expression of herself that each woman must have  
To go on in the scheme of things.  
His men friends were enough, it seemed, to him.  
And there she was, lonely and bitter.  
How many mothers are neglected after the first-born—e'en as she?  
And why should it be?

And she went on from day to day doing the deeds that were hers.  
Suffering in silence.  
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### The Jarr Family

By Roy L. McCardell

"CORA HICKETT was in to see  
me to-day," began Mr.  
Jarr, as soon as Mr. Jarr  
got inside the door the other ev-  
ening. "After listening to the sordid  
squabbles of married people, as I have  
had to listen to Clara Mudridge-  
Smith, and all the particulars of the  
unpleasant rows she has with that  
awful old husband of hers, it was a  
welcome relief to listen to the artless  
prattle of a young girl. For Cora  
Hickett is a sweet thing, I don't care  
what you say!"

"She's only a friend of mine," Mrs.  
Jarr interrupted to say.  
"She is all of those reprehensible  
things!"

"Well, all I really mean to say is  
that she's too fresh," interjected Mr.  
Jarr. "And we'll let it go at that."  
"You always make a big fuss over  
Cora Hickett, just the same, and I  
will say that if I thought she was the  
kind of girl you say she is I wouldn't  
entertain her. The next time she  
comes to see you I'll walk right out. I  
thought it funny that she didn't re-  
turn about fifteen minutes. I suppose  
that was because she found you  
weren't home. But never mind! I  
will say, however, that the stage actor  
is a good actor in you. First you are  
insulting about her, and then when I  
say a word in her favor you are loud  
in her praise!"

"What's the use? Oh, what's the  
use?" cried Mr. Jarr.  
"Then say no more, when silence is  
the best thing in a case of this sort,"  
said Mrs. Jarr with forced calm.  
"Well, I have nothing to say against  
her; your friends are your friends, of  
course I am old-fashioned and I am  
unsympathetic, but Clara Mudridge-  
Smith has noticed what has been  
going on. She didn't want to hint at  
anything, she said, but look what's in  
the papers, every day!"

"There's murder in the papers every  
day!" Mr. Jarr declared wildly. "And  
I know the reason why. While you  
are about it, why don't you hire de-  
tectives like your friend, Clara Mud-  
ridge-Smith, and her husband are do-  
ing?" Mr. Jarr went on. "Why don't  
you sue for a divorce and name this  
Hickett girl, whom I haven't seen for  
twelve in a year, and then only when  
she was with you?"

"Oh, I'll be bound you were both  
dear. How would you know she was  
fresh if you only saw her twice  
with me?" Mrs. Jarr insisted.  
But Mr. Jarr made no reply except  
to give a wild cry and rush out to the  
hall, seize his straw hat and tear it to  
bits.

The season is over for straw hats,  
anyway.  
But the destruction of property  
called Mrs. Jarr, and she smiled and  
remarked that she never saw a man  
lose his temper like he did when one  
fussed him over so little.

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## On With the Uplift Reform Societies Never Even Stop for Stock-Taking

### How to Reduce Diet Suggestions

By Doris Doscher.

WE cannot overestimate the  
benefit derived from the  
proper diet. More and more  
we are coming to understand that  
the only intelligent way to obtain  
good health is to avoid either putting  
into our stomach more food than we  
need or can digest or such combina-  
tions as are antagonistic, thereby  
forming acid which is bound to have  
its ill effect upon us.

The age when we ran to the doc-  
tor demanding a pill for every ache  
and thinking thereby to obtain a  
cure is past. Nature is the real  
healer and drugs should be used  
only as a means to assist Nature in  
her great curative work. This mat-  
ter of diet is particularly true of the  
overstuffed person. By several broken  
laws excessive foods are stored up in  
the body, which must be gotten rid  
of before the scales can be tipped at  
normal and good health and vitality  
reign supreme. Do not think that  
this can be accomplished without a  
sacrifice of a little time and by re-  
fusing what you have looked upon  
as some of the goodies of life.

I want you to learn to eliminate  
as much as possible the starches and  
sugars from your diet so as to give  
Nature her chance to get rid of not  
only the excess fat but poisons  
in your system. Fresh fruits and  
vegetables must have a prominent  
place on your menu until you reach  
your normal weight; after that you  
can partake of the other things  
moderately and still maintain your  
good health.

Pain is a danger signal, a sick  
headache, poor eyesight, lack of vital-  
ity, indigestion and a general feeling  
of fatigue can all be traced to their  
original source—improper diet or im-  
proper metabolism. That is why I  
say to you that I would not, if I  
could give you just a pill that would  
reduce your weight, because this is  
not consistent with good health, but  
now that you are learning to regu-  
late your diet and make proper choice  
of foods, you will find many diseases  
brought about, are for you a thing  
of the past.

The matter of reducing overweight  
in a child must be dealt with differ-  
ently than that of overweight in an  
adult, for the child has need of cer-  
tain foods for his bony development  
that you of maturity do not need. As  
the weight is reduced I want you to  
be faithful in the exercises that are  
being given in connection with this  
reduction column, because they will  
not only help reduce your weight but  
will strengthen the muscles and flesh  
and keep you from the shriveled and  
shrunken appearance that drugs  
and other methods of reduction are  
liable to give. So when I say to you  
who are overweight reduce, it is the  
same as saying follow this course for  
your health's sake. For in the exact  
proportion as you control and regu-  
late your overweight you are control-  
ling and regulating your good  
health.

Following is a suggested menu for  
your reducing diet:

**Reducing Menu.**  
**BREAKFAST.**  
Juice of one lemon and  
One Vienna roll or a slice of toast.  
One poached egg.  
Cup of milk, half hot water.

**LUNCHEON.**  
Fruit salad.  
Small square corn bread.  
Junket.

**DINNER.**  
Chicken or lamb fricassée.  
Kohlrabi or stewed celery.  
One slice whole wheat bread.  
Prune whip.

**Answers to Readers.**

Please tell me through your  
column in The Evening World  
how I can reduce my bust. As I  
have the care of three children I  
cannot swim or play ten-  
nis. Will one teaspoonful of  
Epsom salts taken every morning  
help reduce the bust? Also are  
salt water baths at home good?  
I am sixteen years old, weigh  
140 pounds and am 4 feet 9 inches  
in height.  
M. M.

You are very short of stature and  
yet about 112 pounds. I  
think you need a general reduction  
more than any special part of the  
body. You will find that your diet  
must be regulated to reduce your  
weight. I do not advise you to take  
anything internally to reduce. The  
treatment given in this column are  
sufficient without the aid of drugs.  
Salt water baths at home are very  
good.

P. E. R.—You should have no  
trouble in reducing provided you are  
faithful in your diet as well as your  
exercise. At your age you will be  
improved by a reduction. Over-  
weight at forty-five is dangerous. You  
should weigh about 140 pounds, but  
your reduction be gradual so that  
it will be permanent. Your hips need  
special attention, so take the after-  
lunch hip rub.

M. S.—A piece of fruit between  
meals will not greatly increase your  
weight, but do not eat any cake or  
candy between meals. Sometimes a  
glass of water slowly sipped will tide  
you over that feeling of emptiness.

J. G.—You are only about ten  
pounds overweight. You need the ex-  
ercises more for improving your cir-  
culation than you do for reduction.

M. R. D.—You should weigh for  
your age and height 125 pounds. Fol-  
low instructions for both diet and  
exercise.

Estelle—You should weigh, at 5 feet  
11 inches in height, 141 pounds.

Like Tennyson's Best  
Seller, Their Work and  
Salaries Go On Forever.

By Neal R. O'Hara.

THE industry controlled by re-  
form committees never suffers  
from slack times or walk-  
outs. The Amalgamated Friends of  
Fish report natty progress in their  
drive to prevent overcrowding of  
canned sardines. The cannery have  
shown a hearty co-operation and  
have reduced sardines from twenty  
to fourteen per can. And there's no  
increase in price in spite of this.  
The quota of sardines to a tin now  
being more select than ever, it is to  
be expected by their friends that  
they will have a superior taste. The  
next move for the A. F. F. will be to  
secure eight performances a week  
for all trained seals. A reduction in  
armament for swordfish has also  
been suggested.

The Association for Doing Some-  
thing for Letter Carriers has sent a  
committee to Washington. Souvenir  
postcards have been received, indi-  
cating fine progress in sight-seeing.  
The letter carriers want fatter salaries  
so their families can starve de-  
cently. They demand more in their  
pay envelopes. But Congress wants  
to arbitrate. Congress is willing to  
give the carriers less pay and more  
envelopes. Committee of best minds  
in Congress reports it costs nothing  
for Congressmen to send mail.  
Therefore hard to see how Govern-  
ment can afford to hoist carriers' salaries. The Congressmen frank  
their mail to save their jack, but  
promise they'll help the postmen  
out. Minority will ask Government  
Weather Bureau to provide fairer  
weather for carriers to walk in.

Chorus Girls' Protective Union in-  
ticked cuckoo by latest results. This  
union has wiped out the stake-down  
Johns and made life happier for the  
merry-merries. The gals are no  
longer forced to let Johnny-suckers  
pay for their meals. They are natu-  
rally overjoyed at this.

The General Nuisance Commit-  
tee of New York is contemplating a win-  
ter programme of reform. The only  
question is what kind of reform will  
be the largest nuisance and at the  
same time grab off the most space  
for the officers and second vice pres-  
idents. Hon. Ethelbert Periwinkle,  
general counsel, favors a Twentieth  
Amendment, if necessary, for mak-  
ing blankets for radiators compul-  
sory. Statistics provided by the  
Nuisance Committee's staff show that  
if blankets are thrown over radiators  
from Dec. 1 to April 15 500,000,000  
less barrels of alcohol will be used  
to keep radiator water from freezing.  
A railroad of lecturers will tour  
the country and collections are  
scheduled for all way stations.

The Federated Bureau of Work-  
men's Relief is wrestling with a  
mammoth problem and expects to  
get two falls out of three. Certified  
figures from the bureau's field agents  
show that oyster catchers are out of  
work from May to August, including